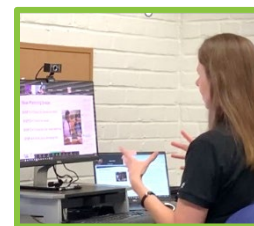


## FFY2022 UCCE Placer/Nevada



### SUCCESSES

- CalFresh Healthy Living, UCCE Placer/Nevada Counties is making a vital impact in our communities, providing the most vulnerable populations with the information they need to make healthy food choices in:
- Direct ed in 9 elementary schools & 7 adult sites
- 2 school garden PSE's
- 3 CATCH PSE's sites
- 9 Harvest of the Month tastings to 10 classrooms



### RESULTS

#### Youth

- After completing the EATS pre-post surveys 32% of students ate more non-starchy vegetables & 37% drank less flavored milk.

#### Adult

- After the PSSC series of the 12 respondents who did not make a list before buying food, 83% reported they will make a list before going to the store the next time.

#### Organizational

- Conducted 2 week-long tastings and planned 5 nutrition/food demo classes for Auburn Interfaith Food Closet clients

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

**County Statement:** CalFresh Healthy Living, UCCE Placer and Nevada Counties educates low-income adults and youth on the importance of healthy food choices and physical activity to promote lifelong health. Currently, over 12% of youth in Placer and 15% of youth in Nevada counties are overweight. Over 24% of adults in Placer and over 21% of adults in Nevada counties are obese. More than 27% of students in Placer County and more than 46% of students in Nevada County are eligible for free or reduced lunch.

#### Serving Individuals and Communities

- Hands-on nutrition lessons using evidence-based curricula were taught to over 2,892 qualifying elementary and preschool students. Lesson topics are grade specific and include: My Amazing Body, Making Healthy Choices, Nutrients We Need and MyPlate. Modeling lessons enables teachers to continue the education throughout the school year.
- To address food insecurity, adults received information about eating healthy on a budget, reading food labels and meal planning. Based on survey results 95% of participants said the next time they shop they will read "Nutrition Facts".
- Over 202 adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook series as well as one-time workshops.

#### Providing Education

- 3,094 children and adults received important nutrition messages through hands-on classes, produce tastings, fun activities and cooking demonstrations. Our school based comprehensive program is enhanced through garden education, cooking, CATCH, and SNAC.

#### Helping to Make Organizational and Environmental Changes

- CATCH was implemented at 3 afterschool sites at Cirby, Woodbridge and Sheridan Afterschool programs. Staff trained on CATCH activities and continued to implement the program throughout the school year, serving 417 students.

#### Serving California Agriculture

- CFHL, UCCE oversaw gardens in two Placer County schools, providing education to 475 students. Over 400 lbs. of produce was harvested between both gardens. Produce was used in classroom tastings and distributed to families through a school Farmers' Market stand.

#### Building Partnerships

- UC 4-H Youth Development Program
- UC Master Gardener Program
- Placer & Nevada County Schools
- Department of Social Services
- Placer & Nevada County Public Health
- Auburn Interfaith Food Closet
- KidZCount
- PCOE
- Placer & Nevada County CNAPs
- WPUSD Food Service



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